



LTC Nutrition
LTC
Consulting, LLC

Menu Planning Tips:

You can double up the portion size to meet both recommendations.

For instance: you can serve spaghetti with 1 cup of wheat pasta to meet both grain recommendations. Or 1/2 cup pasta and a 1 oz slice of garlic bread will also meet both recommendations.

Another example is 1 cup of brown rice with stir fry will meet both grains. Or you could serve it with 1/2 cup rice and an egg roll to also meet both recommendations.

Budget Friendly:

2 oz Chicken
1/2 cup stir fry
veggies
1 cup melon
1 cup brown rice
1 cup Milk



Keep your refrigerator at 40° F (4° C) or less. A temperature of 40°F or less is important because it slows the growth of most bacteria. The fewer bacteria there are, the less likely you are to get sick from them.

Log the temps on your log sheet. If the temp reads above 40°F close the door for 15 minutes and check again. If it is still out of range report it to someone or call a maintenance person.

Discover fast ways to cook:

Cut up a batch of bell peppers, cauliflower, or broccoli. Pre-package them to use when time is limited. Enjoy them in a casserole, stir-fry, or as a snack with hummus.

Vitamin C helps the body form collagen (which is the main protein used as connective tissue in the body) in blood vessels, bones, cartilage, and muscle.

The following foods are good sources of vitamin C: oranges strawberries, cantaloupe, pineapple, peppers, Brussels sprouts, broccoli, sweet potatoes, cauliflower.

Who might not get enough?

Children ages 4 to 18.

Adults age 51 and older.

People who are obese.

People who smoke.

Pregnant/breastfeeding women.

Quick Tip: Make fresh fruit a part of every breakfast. One cup (about a handful) of halved strawberries or cubed cantaloupe provides the recommended daily amount of vitamin C.

The Senior Center meals provide a high vitamin C source in every meal. So we've got you covered on Vitamin C!

Heart Health Tip

Eat a variety of food that includes:

Fruits and vegetables, especially those that are high in potassium, like bananas, raisins, and oranges (7-9 servings every day)

Whole grains (6-8 servings a day)

Low-fat dairy (2-3 servings a day)

Fish and lean meats prepared without skin or added fats (up to 6 ounces a day)